Fitness measures	BMI	body fat	weight	resting heart rate: recent	resting heart rate: recent/baseline	sleep duration: recent	sleep duration: recent/baseline	steps: recent	steps: recent/baseline	distance: recent	distance: recent/baseline	elevation: recent	elevation: recent/baseline	floors climbed: recent	floors climbed: recent/baseline	light activity: recent	light activity: recent/baseline	fair activity: recent	fair activity: recent/baseline	high intensity activity: recent	high intensity activity: recent/baseline	excess calories: recent/baseline	excess calories: recent	out-of-range HR: recent	out-of-range HR: recent/baseline	fat burn HR: recent	fat burn HR: recent/baseline	cardio HR: recent	cardio HR: recent/baseline	peak HR: recent	peak HR: recent/baseline	HR variability
BMI			0.91																													
body fat																																
weight																																
resting heart rate: recent						1.00	-1.00													-0.39						0.70						
resting heart rate: recent/baseline						1.00	-1.00																			0.36	0.50					
sleep duration: recent							-1.00		1.00		1.00	1.00	1.00	1.00	1.00		1.00		-1.00		-1.00			1.00	1.00	1.00	1.00	-1.00	-1.00	-1.00		
sleep duration: recent/baseline									-1.00		-1.00	-1.00	-1.00	-1.00	-1.00		-1.00		1.00		1.00			-1.00	-1.00	-1.00	-1.00	1.00	1.00	1.00		
steps: recent									0.28	1.00	0.26	0.66		0.66		0.94		0.83		0.72	0.25	0.19	0.90	0.51								
steps: recent/baseline										0.28	1.00	0.26	0.88	0.25	0.88	0.33	0.92	0.17	0.86	0.19	0.80	0.84	0.26							-0.39		
distance: recent											0.27	0.63		0.63		0.93		0.83		0.71	0.22	0.19	0.90	0.52								
distance: recent/baseline												0.27	0.88	0.26	0.88	0.31	0.92		0.86		0.80	0.84	0.26							-0.40		
elevation: recent													0.34	1.00	0.34	0.65		0.49		0.33	0.26	0.22	0.58									
elevation: recent/baseline														0.34	1.00	0.34	0.84		0.64		0.59	0.79	0.40							-0.27		
floors climbed: recent															0.34	0.64		0.50		0.33	0.26	0.22	0.58									
floors climbed: recent/baseline																0.34	0.83		0.64		0.59	0.79	0.39							-0.26		
light activity: recent																		0.80		0.54	0.25	0.25	0.92	0.54								
light activity: recent/baseline																			0.81		0.68	0.74					0.71					
fair activity: recent																				0.58			0.86	0.40	-0.36							1.00
fair activity: recent/baseline																					0.79	0.72								-0.31		
high intensity activity: recent																					0.28		0.68					0.66				-1.00
high intensity activity: recent/baseline																						0.69			0.39							
excess calories: recent/baseline																																
excess calories: recent																								0.56								
out-of-range HR: recent																																
out-of-range HR: recent/baseline																																
fat burn HR: recent																															0.39	
fat burn HR: recent/baseline																																
cardio HR: recent																														0.88	0.62	
cardio HR: recent/baseline																															0.60	
peak HR: recent																															0.56	
peak HR: recent/baseline																																
HR variability																																

Fitness measures